



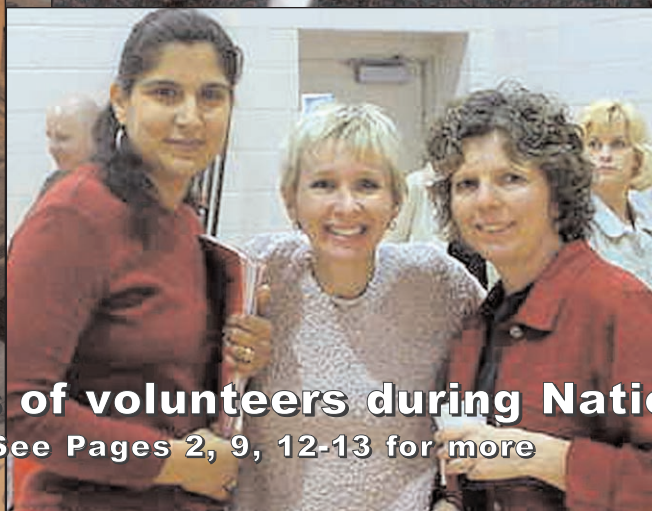
# THE LEADER

Vol. 39, No. 17

Grand Forks Air Force Base, N.D. ♦ <http://public.grandforks.amc.af.mil>

April 30, 2004

## Saluting volunteer spirit



Base members honor efforts of volunteers during National Volunteer Week

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319th Air Refueling Wing ♦ Warriors of the North

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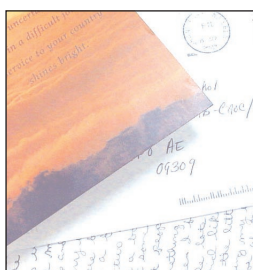
#### Weekend weather

Today	48/27	Flurries
Saturday	52/29	Cloudy
Sunday	56/35	Mostly cloudy
Monday	64/44	Partly cloudy

Weather information courtesy  
319th Operations Support Squadron weather flight

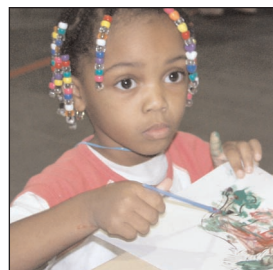
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# Base Speakers Bureau offers ways to volunteer

By Staff Sgt. Scott T. Sturkol  
Public affairs

Do you have what it takes to get up in front of a crowd and give a speech? If so, we're looking for you to join the base Speaker's Bureau.

The Speaker's Bureau is a program coordinated with the wing public affairs office where active duty military members, Department of Defense civilians, and their families go into local communities to spread the Air Force message or a military message through speaking engagements.

It could be for Veteran's Day, Memorial Day, POW/MIA Day, at a school assembly or just a meeting of a local rotary or lion's club.

A good example would be Grand Forks Air Force Base's annual involvement in Memorial Day. In 2003, more than 17 people supported efforts in Minnesota and North Dakota. Last year was my fourth consecutive Memorial Day giving a speech to a local community, and it was truly an honor.

The people in the local communities are some of the nicest I have ever met, and they always treat me with respect.

Addressing the community about what the Air Force is all about can be inspirational because, at least for me, it

shows how people view us in the military. I think it also shows what a favorable impression an Air Force member can make on a community.

There are several things to consider before you try being part of the Speaker's Bureau. First, you should have some formal training in giving speeches.

Some people are naturals and others, myself included, have to work and practice at it.

Most Air Force members, officer and enlisted, have received some type of speech training through college, technical school (giving briefings), in Airman Leadership School, the NCO Academy and others.

You can use that experience to further yourself in the speaking arena.

Another area that is important is speech writing. The 319th Air Refueling Wing public affairs office can help a lot in this area.

There are "canned" speeches people can use for different events by adding their own personal twist to it.

Prospective speakers may also completely write their own material, however, they need to keep in mind some important things.

A speechwriter's job is two-fold: (1) formulate the message; and (2) write it

## Action Line

*The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.*

**13**  
Consecutive  
DWI-free  
days

Goal is zero DWIs.

*Questions will be answered in the order they are received.*

Call 747-4522



Col. Mark Ramsay  
319th Air Refueling Wing  
commander

in such a way that the speaker can achieve a winning delivery.

The successful speechwriter brings the audience and speaker together.

The speechwriter's written "message" must reflect what the speaker wants to say, coupled with the interests and needs of the audience.

Most importantly, the speechwriter must take advantage of this opportunity to restate messages that have broad reaching implications for the United States Air Force.

While corporate and local messages must compliment each other, significant attention must be given to eliminate any contradictions from what is being said nationally or internationally and what

the speech writer says at the local level.

Basically, when a speech hits the mark, the Air Force benefits by gaining the understanding and support of the listener – the American taxpayer. And that's the bottom line of the Speaker's Bureau.

More importantly, the more people we have spreading that message, the better our neighbors will understand us.

If you want to make a difference in this type of volunteer opportunity, call me, Ms. Sarah Bloch or 2nd Lt. Ashley Gee at the public affairs office at 747-5023.

Also, if anyone is seeking a military-affiliated speaker for an event, call 747-5023 or 747-5017 for details.



Photo illustration by Staff Sgt. Scott T. Sturkol

### Cover

Volunteers are a crucial part of any base community. This edition of *The Leader* highlights and honors the many different base members who volunteer and offers information on volunteer opportunities.

### Editorial staff

Col. Mark Ramsay \_\_\_\_\_ Wing commander  
Capt. Patricia Lang \_\_\_\_\_ Chief, public affairs  
2nd Lt. Ashley Gee \_\_\_\_\_ Deputy chief, public affairs  
Staff Sgt. Scott T. Sturkol \_\_\_\_\_ Editor/Chief, internal information  
Airman Patrice Clarke \_\_\_\_\_ Associate editor

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# AMC tanker delivers one-billionth pound of fuel

By Staff Sgt. Monte J. Volk

United States Central Air Forces-Forward  
public affairs

**SOUTHWEST ASIA (AMCNS)** – If you were to count from one to one billion it would take about 95 years.

However, it only took a little more than one year for U.S. Air Force and British Royal Air Force aerial refuelers from Combined Forces Air Component Command to deliver one billion pounds of jet fuel.

A KC-135R Stratotanker offloaded 84,000 pounds of JP-8 to three receivers in the skies over Iraq April 21 to surpass the one billion pounds of fuel delivered in the theater since Jan. 30, 2003.

One billion pounds is a lot of fuel; but this number would be even higher if the millions of pounds of fuel delivered by Navy, Marine Corps and special forces tankers in the past year were also included. Navy aircraft capable of air-to-air refueling include the S-3 Viking and, surprisingly, the F/A-18E/F, which is equipped for buddy refueling as a “strike tanker.” The Marine Corps operates KC-130 tankers to refuel helicopters and

## Wing leadership recognizes accomplishment

By Staff Sgt. Scott T. Sturkol

Public affairs

In the wake of the monumental accomplishment of the offloading of one billion pounds of fuel by an air refueling aircraft, Col. Steve Wayne, 319th Air Refueling Wing vice commander, said the Warriors of the North contributed significantly to this effort.

“All of the tanker forces have done a tremendous job,” Colonel Wayne said. “It is a huge effort, especially when you are dealing with land-locked countries like we have with recent military operations.

Colonel Wayne noted the 319th Air Refueling Wing owned nearly 20 percent of the aircraft that helped reach the “one billionth” mark.

U.S. Special Forces fly MC-130 Combat Talon aircraft to meet their highly specialized aerial refueling requirements.

“Everybody is working their (tails) off out there,” said Maj. Darin Driggers,

In 2003, Col. Mark Ramsay, 319th Air Refueling Wing commander, noted in a “vector check” that as of Dec. 19, 2003, the 319th ARW’s Airmen and planes flew 26 percent of all KC-135 flying hours for Operation Iraqi Freedom.

He also said up to that point they flew 1,300 OIF combat sorties and offloaded fuel to more than 8,400 coalition aircraft while achieving a 99 percent mission effectiveness rate.

“Yes, we’ve offloaded a billion pounds, but I know the tanker forces are ready to deliver a billion more,” Colonel Wayne said.

Currently, the 319th ARW has nearly 30 percent of the wing deployed worldwide supporting major operations.

an instructor pilot on the historic flight. “Whether it’s the Army, Marines, Navy...everybody has a part to play; this is ours.”

The crew, deployed from Fairchild



Photo by Staff Sgt. Aaron Allmon

**SOUTHWEST ASIA** – Senior Airman Casey Killian refuels an F-16 Fighting Falcon supporting Operation Iraqi Freedom April 21. Airman Killian pumped the 1 billionth pound of fuel passed by Combined Forces Air Component Command aircraft since Jan. 30, 2003. She is a boom operator with the 340th Expeditionary Air Refueling Squadron.

Air Force Base, Wash., isn’t concerned about how many pounds of fuel they offload; as long as it’s enough to help the

– See **Billionth**, Page 4



## – Billionth, from Page 3

other aircrew meet their mission objectives.

“It’s an honor to get to fly [the mission], but it feels like any other day,” said boom operator Senior Airman Casey Killian. “If it’s the first hundred pounds (or the) millionth pound ... it doesn’t matter; it’s all about completing the mission.”

“It took a lot of effort from many crews to get us to a billion,” said Co-pilot 1st Lt. Chris Saettel. “We were just lucky to be the crew [to deliver the billionth pound].”

Just how big is a billion? One billion pounds of jet fuel equals 153,846,154 gallons. In the sense of time, 1.4 billion seconds ago the first KC-135 Stratotanker was delivered to Castle AFB, Calif., on June 28, 1957; one billion seconds ago the last combat ground troops left Vietnam on Aug. 12, 1972; and 731 million seconds ago the first KC-10 Extender entered service on March 17, 1981.

Many KC-10, KC-135 and VC-10 refuelers have kept fighters, bombers and surveillance and reconnaissance aircraft flying and involved in the fight.

Since Jan. 30, 2003, more than 52,000 U.S. and coalition aircraft have been refueled by U.S. and British tankers flying more than 16,000 sorties in support of Operations Enduring Freedom and Iraqi Freedom.

“It’s nice to be directly involved. We’re up over the skies of Iraq and we hear first-hand what happens even before it gets to CNN,” said Capt. Bryan Cahill, New York native and pilot of the historic flight.

“My parents and my friends knew people who were in the towers (World Trade Center), so it feels good to be over here, especially when I get to go back home and see those people and

say that we did something to help out,” Captain Cahill said.

Extending a helping hand is just what tankers do, but to some it’s also a family tradition.

“The job is a lot of fun,” said Lieutenant Saettel. “My dad was a tanker pilot in the first Gulf War ... I’m picking up where he left off.”

The concept of aerial refueling was first proposed in 1917 by Alexander P. de Seversky, a pilot in the Imperial Russian Navy. He immigrated to the United States, became an engineer in the War Department and received the first patent for air-to-air refueling in 1921.

The concept was tested and perfected in the mid-1920s using hoses to manually transfer fuel between aircraft in flight. Its most famous application of that era occurred in January 1929 when the Army Air Corps set a world flight endurance record of more than 150 hours in the air.

Flying in circles over Metropolitan Airport, Van Nuys, Calif., a Fokker C-2A named the Question Mark was refueled 42 times by two specially equipped Douglas C-1s. The flight ended after seven days when the Question Mark had to land after one of its engines failed. Aerial refueling evolved over the years with sophisticated booms, and probe and drogue designs replacing the simple hoses used in those early days.

In the early days of Operation Iraqi Freedom, some bombing missions were flown by B-2s from Whiteman AFB, Mo., to Baghdad and back, a round-trip of more than 13,000 miles requiring 36 hours in the air and many aerial refuelings. Describing one such rendezvous with KC-135 tankers at 25,000 feet over the Straits of Gibraltar, a B-2 pilot reportedly said, “Now that defines Global Reach!”

# Briefs

## Back to blues

As nice weather approaches, it is time to reiterate the change in uniform of the day, effective Saturday. Per instruction from the 319th Air Refueling Wing commander, the standard uniform is any combination of blues. Those whose duty requires the wear of the utility uniform are authorized to wear such uniform. If there is question whether this pertains to you, please see your commander support staff for guidance.

As an additional reminder, AMC Command policy mandates the wear of the blue uniform with tie or tie tab for all members traveling on official orders within the CONUS.

## Open house fundraising

Private organizations, special in-terest groups, booster clubs and morale teams wishing to raise funds at Friends and Neighbors Day July 10 should submit their requests soon. Make requests online at <http://w-ww.gf-services.com/FR.html>. Since these events will be counted as a fundraiser, groups should consider any other planned fundraisers, as only two are allowed per quarter.

Booster clubs and squadron teams wanting to sell non-food merchandise of any type must coordinate with the 319th Services Squadron, which manages all concession rights. Registration for merchandise sales will not be accepted after the close of business May 10. This deadline is required in order to develop the concession layout plan and to acquire sufficient booth resources.

For details call Tom Rector at 747-6992, Dee Linneman at 747-3235, or George Wolf at 747-3051.

## Newcomer orientation

The next base newcomer’s orientation in the Northern Lights Club begins 7:30 a.m. Tuesday. This orientation is held the first Tuesday of every month and is mandatory for all military personnel new to the base. Spouses are encouraged to come with the military member. Free child care is provided by the child development center – call 747-3042 for reservations. For details call Airman 1st Class Bobbi Jo Falk at 747-4902.

## Kiddie Campus

Registration for fall Kiddie Campus classes is 9 a.m. to 3 p.m., Monday, in the child development center. Parents need to bring immunization records, a current leave and earnings statement, and income data on all working members of the household.

A two-day class is available from 8:45 to 11:15 a.m. Tuesdays and Thursdays and a three-day class is available from 8:45 to 11:15 a.m. or 12:30 to 3 p.m. Mondays, Wednesdays and Fridays. Kiddie Campus is for children ages 3 to 5 years old.

For details call 747-3042.

## Controlled burn

A controlled-burn takes place at the Prairie View Nature Preserve on Monday by Prairie Restorations Inc. People are asked to remember fire safety during this time period. The base recommends closing windows and doors, and for all people to keep a safe distance from the fire. Children are asked to stay away from the north-end playground during this time.

If weather conditions are not appropriate for a burn on Monday, activities will be postponed and scheduled for the next work day.

For details call 747-4774.

# Construction update

## Electrical lines

□ **Tuskegee Airman Boulevard** – Beginning Saturday, a contractor will be burying overhead electrical lines and installing new street lights on Tuskegee Airman Boulevard from Eielson Street to Holzapple Street.

The work is not expected to impact traffic flow, but people are asked to watch for increased pedestrian and equipment movement.

□ **Holzapple Street** – The work along Holzapple Street will resume next week after a winter no-work period.

The remaining work includes parking lot lights in the Northern Lights Club parking lot and ground cleanup work along the Holzapple Street from Tuskegee Airman Boulevard to

7th Avenue. People are also asked to watch for increase vehicle and pedestrian traffic in this area as well.

## Dining facility parking lot

The green stakes in and around the parking lot for Airey dining facility are survey marks for the new parking lot.

The new lot will be larger and have the required force protection stand-off distance. The project starts May 15.

During construction, dining facility customers are asked to park in the dormitory parking lot across the street from the dining facility and the Liberty Square/Northern Lights Club parking lot.

*Courtesy 319th Civil Engineer Squadron*

# DOD works to speed military mail system

By Army Sgt. 1st Class Doug Sample

American Forces Press Service

**WASHINGTON** – Acknowledging that problems persist in the military mail system, Defense Department officials said they are taking steps to improve the process.

A report this month by the General Accounting Office, which oversees government agencies and spending, said long-standing problems with military mail delivery need to be resolved.

DOD is aware of the problem and is working to remedy it, said Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, in an interview with the American Forces Radio and Television Service.

“Mail is very important to our service members and their families, and thus it's very important to the Department of Defense and the leadership,” Abell said. “Every time we identify a glitch in the process, we move immediately to fix it.”

According to the GAO report, more than 65 million pounds of letters and parcels were delivered to troops serving in Operation Iraqi Freedom in 2003, and problems with prompt and reliable

mail delivery surfaced early on.

Congress and the White House forwarded more than 300 inquiries about mail delivery problems to military postal officials, the report said.

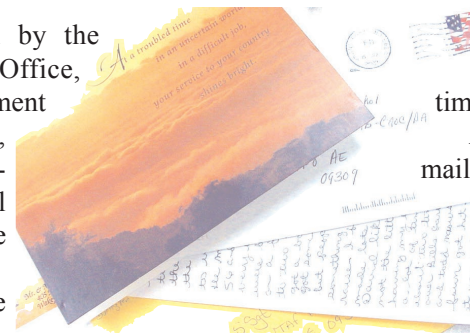
The GAO reported that soldiers and Marines in Operation Iraqi Freedom were unhappy with mail service; almost 60 percent of 127 service members surveyed said they were “dissatisfied” with the timeliness of mail delivery.

Although a test of transit time for mail delivery by military postal officials showed that so-called “data test letters” arrived in theater within the wartime standard of 11 to 14 days, service members said their personal mail actually took

much longer to reach them.

Abell said slow delivery can be attributed to the sheer distance the mail has to travel to reach the theater and the remote locations of some units on the ground. Mail to Iraq is delivered either by tactical airlift, or along dangerous convoy supply routes from Kuwait and Bahrain. DOD also increased the number and size of military postal units in Kuwait and Bahrain, Abell said, which has helped to reduce transit times.

He also advised family members sending mail to Iraq to use a current address, to print clearly and to include the proper postage.



# Volunteer-run thrift shop prepares for temporary relocation

**By Airman Patrice Clarke**  
Public affairs

Due to construction at the building where it is currently located, the thrift shop will be relocated temporarily to 1274 Nevada Drive, Unit B, June 15, said Tami Maxwell, thrift shop general manager.

Due to space restrictions at the new location, consignments will be limited to a 30-day duration and no new consignments will be taken after Saturday.

The thrift shop, which has been on base since the Officers Spouses' Club has been here, is run completely by volunteers.

"The volunteers that we get here are members of the OSC," said Jan Saville, thrift shop volunteer. "Members of the Enlisted Spouses Club can also volunteer."

The thrift shop takes consignments and donations for just about anything, Ms. Maxwell said.

Clothing is the typical donation, but anything from furniture to old shoes has been donated.

"You just never can tell what you're going to get that day," Mrs. Saville said.

"Sometimes we'll put something out and right behind us a customer will like it and buy," Mrs. Maxwell said.

All the money raised at the thrift shop goes into the OSC charitable donation fund.

The OSC then gives that money to local, state, and national charities and for a college scholarship fund.

"The great thing about the thrift shop is anyone can use it," said Mrs. Saville. "If you have a military identification card, then you can donate, consign, or shop at the thrift shop."

The thrift shop is open from 10 a.m. to 2 p.m. Tuesdays and Fridays and 10 a.m. to 2 p.m. the first Saturday of each month. For details about the thrift shop and their upcoming relocation, call 747-3136.



*Photo by Senior Airman Jet Fabara*

**Thrift shop volunteers hang consigned items in the windows of the shop. The thrift shop is a volunteer organization, and in June the shop will be relocated to Nevada Drive. Members of the Officers' Spouses Club and the Enlisted Spouses' Club volunteer time to keep the shop running. Profits made from shop sales are given to charitable organizations every year.**

## AAC volunteers

Airmen interested in volunteering for Airman Activity Council events should call Airman Patrice Clarke, AAC President, at 747-5020.

## Support Airmen Against Drunk Driving

The base Airmen Against Drunk Driving organization is always looking for more people to help with providing rides. The organization provides thousands of "saves" every year and they help curb drinking and driving. If you're interested in becoming an AADD driver, call Staff Sgt. Michael Glenn at 747-4189.



# Base theater



Today, 7 p.m.

*Dawn of the Dead (R)*

In this remake of horror classic Dawn of the Dead, a mysterious plague causes the newly dead to rise from their graves and begin to eat the living in this horror remake, starring Ving Rhames and Sarah Polley. During the ruckus caused by all the zombies walking about, a group of humans takes refuge in a shopping mall.

Saturday, 7 p.m.

*Taking Lives (R)*

An unorthodox FBI profiler (Angelina Jolie) is assigned to bring in a serial killer who assumes the identities of those he has killed, a process called “life-jacking.”

May 7, 7 p.m.

*Eternal Sunshine of the Spotless Mind (R)*

Joel (Jim Carrey) is stunned when he learns that his one-time girlfriend Clementine (Kate Winslet) has had her memories of their failed relationship erased. Now he wants her gone from his memory and asks the doctor who invented the process (Tom Wilkinson) for help. But as the procedure slowly destroys his memories of Clementine, Joel recalls the good times they had together and tries to mentally overcome the procedure while he sleeps.

May 8, 3 p.m.

*Scooby Doo 2; Monsters Unleashed (PG)*

This time around, the gang tries to stop a sinister villain from conquering the city of Coolsville and making it very much uncool through the use of a monster machine that brings back classic Mystery Inc. enemies.

May 8, 7 p.m.

*The Passion of the Christ (R)*

**Tickets: \$1.50 children, \$3 adults**  
**For details, call 747-3021/6123.**

# Base chapel



**CATHOLIC:**

**Sunday Mass:** 9 a.m., Sunflower Chapel

**Weekday Mass:** 11:30 a.m. Monday, Wednesday, Thursday, Sunflower Chapel

**Reconciliation:** 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment. Call 747-5673 for details.

**CCD:** 10:45 a.m. Sunday, Twining Elementary and Middle School. For children age three through high school. For details on educational programs, call Jane Hutzol at 747-3073.

**PROTESTANT:**

**Traditional Worship:** 10:30 a.m. Sunday, Sunflower Chapel

**Contemporary Worship:** 6 p.m Sunday, Prairie Rose Chapel

**Sunday School:** 9 a.m., Eielson Elementary School

**Protestant Youth of the Chapel:** 4 to 5:45 p.m., Sunday, youth center

**Men of the Chapel Bible Study:** noon Monday, Prairie Rose Chapel conference room

**Young Adults:** 6 p.m. Friday, Chaplain (Capt.) Brian Swain’s home. Call 747-6468 for details.

**Women’s Bible Study:** 7 p.m. Monday, Prairie Rose Chapel conference room

**JEWISH:**

Call Synagogue B’nai Israel at 775-5124.

**RUSSIAN/EASTERN ORTHODOX:**

Call Dr. Levitov at 780-6540 for details.

**MUSLIM, BUDDHIST, OTHER:**

Call 747-5673 for details.

# Base members celebrate Earth Week

From a used book sale and a barbecue to Boy and Girl Scouts planting trees, hundreds of Warriors of the North stepped out to celebrate Earth Week here April 19 to 23. Below are photos highlighting that participation.



*Photo by Dawn Thompson*

Teen volunteers work with youths to make artwork during the Earth Week Children's Fair in the youth center April 21.



*Photo by Airman Patrice Clarke*

First Lt. Glen Smith, 319th Operations Support Squadron, talks with Dan Daly of the Energy and Environmental Research Center of the University of North Dakota information booth at the Earth Week barbecue and information fair April 22 in Liberty Square. The base Top Three organization held the barbecue for the third straight year.

(Right) Senior Airman Cristina Moreland, 319th Air Refueling Wing manpower office, gathers books together for the Earth Week used book sale.



(Left) A member of the base Boy Scouts plants a tree at the Prairie View Nature Preserve April 23.



*Photo by Staff Sgt. Scott T. Sturkol*

## Join the Honor Guard

If you want to volunteer to become a member of the base Honor Guard, call Tech. Sgt. Christopher Snyder at 747-3272.



# FSC serves as focal point for base volunteer efforts

**By Airman Patrice Clarke**  
Public affairs

Many volunteers don't know where to begin when volunteering, but the best place to start is the family support center.

If volunteering is in your future, then the family support center can help. The FSC receives requests for volunteers almost every day, said Vonda Ware, community readiness specialist and installation volunteer resource advisor at the FSC.

"We get requests for just about anything," Ms. Ware said. "We get requests from many organizations in the local area looking for volunteers for various reasons, and we can help point people in the right direction."

Ms. Ware said many volunteer opportunities they receive are one-day events where volunteers are needed to just pass out flyers or paint faces. Organizations in Grand Forks and East Grand Forks, for example, either call or e-mail the FSC with a request for one to unlimited volunteers.

"There is always a need for ongoing volunteers and also for occasional volunteers," Ms. Ware said.

The FSC also supports many organizations that need volunteers all the time, such as the American Red Cross or Grand Forks' Circle of Friends Humane Society.

Airman 1st Class Anthony Williams, 319th Communications Squadron, has been a Grand Forks Humane Society volunteer for about a year.

"I saw a flyer in the family support center during one of our first term airmen briefings and I signed up," said Airman Williams.

The Humane Society isn't the only organization that offers ongoing volunteer opportunities.

"There are also needs for ongoing volunteers at museums, Habitat for Humanity, and the Grand Forks Crisis Prevention Center," Ms. Ware said.

The FSC also gets volunteers

on an as-needed basis.

Any new volunteer request is printed and posted on the volunteer board, and any further advertising is done by Ms. Ware and FSC staff.

The main point, Ms. Ware said, is that people volunteer.

"If they sign up through us – the family support center – or through anyone else, it's just important get out and volunteer," Ms. Ware said.

Airman Williams said, "I would recommend volunteering to anyone, especially at the Humane Society. I know a lot of people have grown up around animals, and with many of the airmen being in the dorm situation where they have no pets, playing with the animals is good for one's morale."

Dr. Earl Beal, FSC director, said serving as a volunteer focal point is a part of the FSC's continuing mission.

"The FSC serves as the focal point for the installation volunteer program through recruitment, training, placement and recognition of volunteer services in conjunction with other base agencies," Dr. Beal said.

For more details on volunteering, stop by the FSC and check out their volunteer board or call 747-3241.



*Photo by Airman Patrice Clarke*

**Airman 1st Class Anthony Williams poses with a terrier at the Circle of Friends Humane Society. The Humane Society is always looking for volunteers.**

# Why do we celebrate Cinco de Mayo?

**By Tech. Sgt. Luis Brito Jr.**

319th Air Refueling Wing military equal opportunity office

The Mexican holiday known as “Cinco de Mayo” is widely misconstrued, even by people of Mexican and American descent.

Other people do not seem to care about the origin and cultural significance of Cinco de Mayo, they simply see it as an opportunity to celebrate on Mexican beer at reduced prices.

Despite its commercialization, this holiday is important to many people. We as a culture needed to clarify the meaning of this holiday in order to return its significance and remove the cultural misinformation from the advertisement industry.

The biggest misconception about Cinco de Mayo is that it commemorates Mexico’s Independence Day. That holiday is, in fact, celebrated on Sept. 16. On that date back in 1810, Father Miguel Hidalgo issued a proclamation known as “El Grito de Dolores” (the scream of pain) that united the many different rebellions going on against Spain into one cohesive struggle.

Mexico achieved its independence from Spanish rule in 1821. Cinco de Mayo is actually a commemoration of a victory by Mexican troops in La Batalla de Puebla, against the French Army of Napoleon III, more than 50 years later, on May 5, 1862.

From the time of Mexican Independence in 1821 to

the time of this battle in 1862, Mexico suffered numerous setbacks in its attempts to form a stable republic, and endured several incursions into its sovereignty as an independent nation.

Twenty some years into its independence, Texas seceded from Mexico. This revolt eventually led to the Mexican-American War (1846-1848). As a result, Mexico was forced to surrender approximately half of its territory to the U. S. Mexico underwent a severe economic crisis during the 1850s.

President Benito Juárez inherited México’s troubled political and financial situations, which included a bankrupt Mexican treasury.

As a result of these problems, President Juárez issued a moratorium in 1861 halting payments on Mexican foreign debt. Much of this debt was owed to France. Shortly thereafter, France sent troops to México to secure payment of its debt.

At the time, the French Army was considered the premier army in the world. It had enjoyed recent victories throughout Europe and Asia. The French expected to march from the port city of Veracruz to Mexico City without encountering much resistance.

President Juárez sent troops, under the command of General Ignacio Zaragosa, to Puebla to confront the French. The Mexican troops consisted almost entirely of indigenous soldiers. General Zaragosa’s troops outnumbered and severely under-equipped faced the elite military French troops.

La Batalla de Puebla raged on for two hours, after which the French were forced to retreat to Orizaba. Despite tremendous odds, the simple Mexican Army defeated the most powerful fighting unit in the world!

Although La Batalla de Puebla on Cinco de Mayo was rendered militarily insignificant by the French army’s subsequent victory, it did inject the Mexican people with pride and patriotism that had never before enjoyed.

Since its independence from Spain in 1821, México had suffered one tragedy after another.

La Batalla de Puebla was the first time that the Mexican people could rally around a common cause and proudly proclaim, “¡Yo soy Mexicano!” (I am Mexican).

Cinco de Mayo is appreciated for its cultural significance (victory in the face of great odds and the patriotism it generated) more than its historical relevance. Also, General Ignacio Zaragosa, the leader at La Batalla de Puebla, was born in Texas while it was part of México. For this reason, he is considered by many to be the first Chicano “Mexican- American” hero.

Some believe that had the French defeated México at Puebla, France would have aided the South in the American Civil War in order to free Southern ports of the Union Blockade.

During this time, Confederate General Robert E. Lee was enjoying success, and French intervention could have had an impact on the outcome of the Civil War; changing our way of life as we know it today.



Sport shorts

**HOW DOES YOUR GARDEN GROW:** Mr. Steven Sagaser, county extension agent horticulturist, will be at the community center May 13 at 11:30 a.m. for a “lunch and learn” on gardening in North Dakota. There will be professional information provided on vegetable gardening and door prizes.

For details call the community center at 747-6104.

**FISHING DERBY VOLUNTEERS:** The annual Kids Fishing Derby is June 5. Outdoor recreation is looking for volunteers to help out at the event.

If interested, stop by outdoor recreation and add your name to the volunteer list.

For details call 747-3688.

**ROLLER HOCKEY:** The ice may be gone, but hockey lives on. Come play roller hockey every Thursday night from 8 to 10 p.m. in the fitness center’s roller hockey arena. No experience necessary.

For details call 1st Lt. W. Gunnar Conrow at 747-5528.

**SPRING INTO FITNESS:** May is National Fitness Month. The sports and fitness center is holding a “Spring into Fitness” fun run/walk Wednesday from 11 a.m. to 1 p.m. starting at the fitness center.

This is a 5 kilometer event and is open to all ages and all ranks. Squadron competition is highly encouraged.

Each squadron must have a five-person team and the best cumulative squadron time wins.

For details call 747-3384.

Warriors finish second in Langdon tournament

Compiled from staff reports

The Warriors varsity basketball team were primed for a season ending championship, but ran into a gutsy Devil's Lake team, consisting of Lake Region State College players, edging out the Warriors 79-74.

The Warriors held a five point lead with three minutes remaining but couldn't hold on.

“Coming down the stretch we just couldn’t get a break,” said coach D.J. Lemelle. “Everything went their way.”

The Warriors kept battling as they normally do, but the Firehouse team would not be denied. Firehouse, which scored their final eight points from the free-throw line, held shooting guard Matt Wireman to a tournament low eight points.

“This is only the third loss this year where we held someone to under 80 points and lost the game,” said coach Lemelle. “The Warriors have been lighting the scoreboard up this year. We played a good defensive game against this team but we hurt ourselves,” coach Lemelle said. The Warriors had 19 turnovers. “Despite the turnovers,” coach Lemele said “we were in position to win, but we just did not get it done.”

The Firehouse did an excellent job on Wireman, who the previous day scored a tournament high of 48 points and averaged 33 points a game before the finale.

“Without Eric Williams – who’s injured –, holding Wireman to eight points was hard to overcome,” said coach Margie Wireman. Guard George Fowlkes did his best to keep the Warriors in the game as he led his team with 20 points. Guard Ossie Oden added 14, forward Soultz Dukes chipped in 12 and guard Robert Gallegos added eight

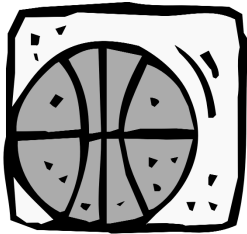
points. “The guys played with heart the whole tournament despite still being banged up from the Hawaii tournament,” said coach Wireman.

Despite the championship eluding them, the Warriors did have some bright spots as they picked up veteran guard Robert Gallegos and newcomer guard Johnny Ramos, said Coach Lemelle.

Gallegos is a veteran player who understands the game, and who is a deadly three-point specialist.

Ramos is a young player who still is learning the game but has a lot of heart. He too, is a sharp shooter that will bring more firepower to our squad. Both players, said Lemelle will help us in the future. They both play with heart and are team-oriented. They understand their roles and will be a huge part of our team for next season.

The team wants to thank everyone for assisting them in making their first season a success as they close out the year 28-23, five games over the .500 mark.



Intramural standings

Soccer

SVS	5-7
OSS	10-2
CES-A	8-4
LRS	2-10
CES-B	8-4
MXS	2-10
AMXS	7-5



Darts

CS-A	4-5
AMXS	4-4
MOS	7-1
CS-B	5-3
MDG	0-1(out)
MSS	6-3
SFS-A	8-0
SFS-B	3-3(out)
SVS	0-1(out)
LRS	6-3

Volleyball

MOS	12-4
SVS/MSS	2-8
OSS	2-13
CS	12-3
AMXS	4-12
MDG	2-12
CES	16-0
LRS	9-6
MXS	7-8





# Volunteer spirit: People who inspire by example

## Volunteer Excellence Award winner

### Base's sixth recipient described as 'enthusiastic, dedicated'

By Staff Sgt. Scott T. Sturkol  
Public affairs

Over the course of her three years here, the beneficiaries of Cappy Younker's "enthusiastic and dedicated" volunteer service have been numerous.

Now, the retired Air Force major has been recognized for her selfless dedication to helping others.

Mrs. Younker is the sixth recipient of the Air Force Volunteer Excellence Award for Grand Forks Air Force Base.

The VEA recognizes a volunteer's accomplishments over the course of their lifetime and a person can only win it once, said Vonda Ware, 319th Mission Support Squadron family support center.

Mrs. Younker said she is honored to be recognized, but that's not the reason she volunteers.

"I think of volunteering as a privilege, and I'm grateful to have had the time to do it," Mrs. Younker said. "It is certainly an honor to receive this award, but I can tell you that myself and many other volunteers I know do not do the volunteering to get awards."

According to the awards submission written by her husband, Lt. Col. Barr Younker, 319th Air Refueling Wing judge advocate, Mrs. Younker has volunteered more than 1,700 hours working with Twining Elementary and Middle School, Grand Forks Central High School, the Officers' Spouses Club, and the base chapel. She has served as an OSC board member for the last three years and has worked numerous hours at the thrift shop to raise money for OSC charitable giving.

At Twining School alone, Mrs. Younker has spent hundreds of hours volunteering with book fairs, chaperoning field trips and helping with class parties and teacher appreciation events. Presently the Twining Parent-Teacher Organization president, she has spent "countless hours" coordinating school events, including the fall open house, staff dinners/luncheons, fall fundraisers, spring auction, and coordinating fund requests with the PTO board and the school principal.

"Mrs. Younker has also helped out with the base's Air Force Ball for the past two



Photo by Staff Sgt. Scott T. Sturkol

**Cappy Younker, Twining Elementary and Middle School Parent-Teacher Organization president, addresses attendees to the Twining spring auction in early April. Mrs. Younker was recently named the base Volunteer Excellence Award winner.**

years, helping with decorations and with raising money to offset ball expenses," Mrs. Ware said. "She's also a consistent helper with the Heart Link program – offered at the family support center – by baking treats and being available to welcome the new spouses. She was also instrumental in working with Enlisted Spouses Club members to collect and compile goody bags for deployed and single troops this past holiday season."

Mrs. Younker said she learned about volunteering at a young age.

"My parents always volunteered to help with things, so that is what I was used to seeing," Mrs. Younker said. "Children see what you do when you volunteer and it had an early effect on me."

Mrs. Younker said her son Barr, a fifth grade student at Twining, has noticed her

presence at his school.

"My son said to me a few weeks ago, 'Mom, when we get to Alabama, will you be in the PTO at my school there?' I told him I wasn't sure," Mrs. Younker said.

Her son replied with high hopes that she will be in the PTO. Mrs. Younker said her presence almost daily at school, to use her son's words, make her "famous at school."

"It's important for us to set an example," Mrs. Younker said. "Volunteering helps show children you are being a good citizen."

Mrs. Younker said she can't imagine how her assignment would have been at Grand Forks AFB had she not gotten out and volunteered.

"You don't get paid to be a volunteer, but you gain things in many other ways," Mrs. Younker said. "If I did not vol-

unteer, I would not have met all the wonderful people I've met and I wouldn't have all those great experiences. It's been outstanding to have been a part of this community in so many

ways. That's more than payment enough for volunteering."

Mrs. Younker encourages more people to get out and volunteer.

"Some of the greatest rewards you get in life are those you get from volunteering," Mrs. Younker said. "Spending your time to help others just for the good of doing the effort is what makes our country great."

On her award, Mrs. Ware said Mrs. Younker's volunteer efforts have helped to make life better for many military members and their families.

"Her participation in the local communities in which she has served has been enthusiastic and dedicated and reflects positively on the Air Force," Mrs. Ware said.

For more details about volunteering on base, call Mrs. Ware at the FSC at 747-3241.

## Why should people, military or civilian, get out and volunteer?

"Why volunteer? Well, when it comes to getting things done, some people want it to happen, some wish it to happen, and others make it happen!"

**Senior Airman Aaron LeRoy**  
319th Communications Squadron

– Airman LeRoy recently volunteered and coordinated the "Tunes for Troops" drive for deployed military members.

"To help other people or your community with the knowledge or experience that you have. If you sit back and don't volunteer and wait for the other person, this may prevent things being accomplished. It's a good feeling to know that you have done your part in volunteering."

**John Hanson**  
Family support center community readiness consultant

– Mr. Hanson, through the FSC, helps people find ways to volunteer. He is also soon to be the North Dakota commander for the Veterans of Foreign Wars. Each year Mr. Hanson donates hundreds of hours for VFW activities such as Memorial Day and Veterans Day.

"Caring, nurturing communities are defined by the degree of shared responsibility and collective competence they exhibit. No amount of paid professionals can make this happen.

"It does, however, take dedicated community volunteers. Therefore, it still remains true today that 'It takes an entire village ...'"

**Dr. Earl Beal**  
Family support center director

– Dr. Beal coordinates FSC efforts for volunteering. He also does dozens of voluntary guest speaking engagements each year.



"Volunteering can be very rewarding. It is a way to give back to our communities and show them how much we appreciate what they do to support us.

"It is also a good example to show your kids. After years of volunteering and bringing my daughter along to also participate, now she is an active volunteer in Grand Forks.

"She is only 15 years old, but in 2003 she volunteered more than 350 hours. She has learned that giving her time to help others has made her feel really good about herself."

**Master Sgt. Barbara Zavala**  
Family support center superintendent

– Sergeant Zavala volunteers regularly with youth sporting events, area veterans activities, and throughout the base.

Through the FSC, she also helps people find ways to volunteer on base and in the community.

"Volunteering builds on a person's inner self worth and opens doors of possibilities for a lifetime."

**Cyndy Ludeking Ryan**  
Youth center teen coordinator

– Ms. Ryan helps coordinate teen volunteers on Grand Forks Air Force Base and is an active volunteer herself in many base activities.

## NATIONAL VOLUNTEER WEEK

"When I volunteer, I am being an ambassador for the Air Force and I make an impression on the community and our armed forces, thus providing enduring friendship in the process."

**Airman 1st Class Derrick Cooley**  
319th Operations Support Squadron

– Airman Cooley volunteers dozens of hours each month supporting activities for the Airman's Activity Council and the Warrior Airmen Recreation Center.

"Not only is volunteering a great way to meet people in a new community, but it's the right thing to do."

**Heather Spring**  
Girl Scouts coordinator

– Even though she and her family has been on base for a short time, Mrs. Spring supports a myriad of volunteer efforts including Girl Scouts, Enlisted Spouses Club, and Eielson Elementary School.

"Volunteering is good because it gets you out of the house and you're able to meet people. It's easy to stay in the house, but by volunteering you can become a more active member of the community and you can learn new things in the process."

**Bobbi Sturkol**  
Eielson Parent-Teacher Organization volunteer coordinator, base American Red Cross station coordinator

– Mrs. Sturkol volunteers for the ARC, both Eielson and Twining PTOs and for

many other unit and base activities.

"I don't look at it as volunteering. I like to look at it as 'service.' What better way to demonstrate your compassion and love than to serve others. The rewards to the individuals and community are priceless, and the rewards to yourself can be eternal.

"I truly believe the quote I use in my e-mail signature block: 'Significance is not possible unless what we do contributes to the welfare of others.'

"People, military or civilian, should get out in their community and volunteer (serve) because its the right thing to do!"

**Senior Master Sgt.**

**Harry Walker**  
319th Logistics Readiness Squadron first sergeant

– Sergeant Walker was the wing's point man for Operation Warmheart in 2003. He was also the brainstorm of Operation Thank You where he worked a combined effort with the chiefs and first sergeants groups to personally visit more than 100 area busi-

nesses to personally thank them for their contributions to the base.

"There are events that would not take place if it wasn't for volunteers. Volunteering in the community is a wonderful feeling knowing you are helping someone who needs help and seeing the smile on their face when an accomplishment has been done."

**Rhonda Olheiser**  
319th Comptroller Squadron

– Ms. Olheiser is an active volunteer

for the American Society of Military Comptrollers and does not hesitate to serve the wing and local communities in a variety of roles.

"Growing up, my dad would give the shirt off his back to help others who needed it.

"He taught me through example that there is a bigger world out there besides just you – and you see it when you give your time to your community. I want my kids to learn that there will always be a need to help others."

**Tech. Sgt. Wanda Jenkins**  
319th Medical Support Squadron

– Sergeant Jenkins is an active volunteer with many efforts on base including Network 56 and unit and school activities.

"Getting involved in one's community helps to foster a sense of belonging and pride in the area in which we live, while giving us the opportunity to get to know our neighbors."

**Vonda Ware**  
Family support center work life consultant

– Through the FSC, Ms. Ware helps base members find areas to volunteer on base and in local communities. She also donates volunteer time with unit and base activities.

"So many people volunteered their time for me, I feel that I owe it to them to help others. Volunteering in your community is really a down-payment on tomorrow's successes."

**Master Sgt. Richard Lien**  
319th Civil Engineer Squadron fire department

– Sergeant Lien is a volunteer for Cub Scouts, Top Three, Base Speaker's Bureau, and many squadron activities.

## Banquet honors Scholarship,

### Angel Award volunteer winners

Compiled from staff reports

The fifth annual Scholarship and Angel Award Banquet is Tuesday in the Northern Lights Club. Social hour starts at 6 p.m. and dinner starts at 6:45 p.m.

Awards will be presented by the Officer Spouses' Club, The African American Cultural Association, Defense Commissary Agency, Fisher

House Foundation, and First Command.

Each year some of the base's top volunteers are honored with the Angel Award for their volunteer service over the past year, event organizers say. It's also the time to award top students with a variety of scholarships to further their education.

"It's a special time to honor some special people," said Joe Chine, Officers' Spouses Club.

For the student scholarship winners, they were chosen based on academics, extracurricular activities, and community service. Military spouse scholarship winners were selected based on academic perform-

ance and community service. For Angel Award winners, their selection was based on their community service and volunteerism over the past year.

Reservations are made by calling Kathi Hunnewell at 594-3429, or Cappy Younker at 594-9448, or e-mail at [osreserve@yahoo.com](mailto:osreserve@yahoo.com) by today. Meal choices include beef burgundy or lemon pepper chicken. Cost is \$8.35 for club members and \$10.35 for non-members.

Meal charges will apply unless canceled by 8 a.m. Monday to Cappy Younker at 594-9448.

For details call Mrs. Kathy Hunnewell at 594-3429.



# Community

## In stock

**Airman 1st Class Rontray Edwards, 376th Expeditionary Services Squadron, files DVDs at Shooters Recreation Center at Manas Air Base, Kyrgyzstan. The Washington, D.C., native is deployed from Grand Forks Air Force Base, N.D.**



Photo by Staff Sgt. Arlo Taylor

## Today

**LET US DRIVE YOU:** The Northern Lights Club offers a shuttle service to and from the Club 6 p.m. to 2 a.m. Thursday through Saturday.

This free service is offered to residents of the base, Sunflake housing and Emerado. For details call 747-3392.

**SPRING FLING:** It is the last day to get your club membership counted for The Northern Lights Club spring membership drive contest. Three squadrons get a pizza party for membership increase.

For details, call your Club advisory representative or the Northern Lights Club at 747-3392.

**MASTERWORKS CONCERT:** The Grand Forks Master Chorale and special guest musicians will perform a concert at Holy Family Church at 7 p.m.

This is an Operation Enduring Friendship event and military members need to show their military identification card at the door for free admittance. For details call 777-4090.

**OFFICER SOCIAL AT THE NORTHERN LIGHTS CLUB:** Officer club members of all ranks and their families are invited to join the wing commander and/or vice wing commander at the Northern Lights Club at 4:30 p.m.

This gathering will occur at least one Friday of every month, schedule permitting.

**GOLF COURSE BREAKFAST:** The Plainsview Golf Course snack bar offers steak and eggs for breakfast today from 7 to 11 a.m. for \$5.75.

## Saturday

**DANCE RECITAL:** The youth program's annual Dance Recital starts at 2 p.m. at the community activities center. This event is free.

**CLUB KARAOKE:** The Northern Lights Club offers karaoke from 10 p.m. to 3 a.m.

**CLUB DANCING:** The Northern Lights club offers dancing at the club from 10 pm. to 3 a.m. Enjoy "club mix" with DJ "C."

**FREE ACCOMODATIONS:** Sign up for the Winnipeg Wine Festival Trip by today for a chance to win free accomadations for this

## Monday

event.

See **Wine Festival** under Wednesday for more details.

**ARMED FORCES RETIREES:** Eat lunch at the Airey Dining Facility every Monday from 10:30 a.m. to 1 p.m.

**PARENT, CHILD PLAYGROUP:** The parent-child playgroup meets every Tuesday in Liberty Square from 10 a.m. to noon.

## Tuesday

**WINE FESTIVAL:** Outdoor recreation is sponsoring a trip to the Winnipeg Wine Festival May 8, departing outdoor recreation at 10 a.m.

## Wednesday

and returning the next day.

Cost is \$65 per person for a doubel occupancy, \$50 per person for a triple, \$45 per person for a quad, price includes transportation and hotel accomadations at the Canad Inns. Sign up by close of business today.

For details call 747-3688.

**CINCO DE MAYO LUNCH:** Come celebrate with a special lunch for Cinco de Mayo at Airey dining facility May 5.

Menu includes beef fajitas, taco bar, chicken enchiladas, and burritos.

For details call 747-4113.

## Thursday

**WING FLING:** The Airey Dining Facility offers 'wing fling.' There will be four different kinds of wings offered.

## Upcoming

**INTRO TO INVESTING:** The family support center is offering an introduction to investing class May 10 from 1 to 4 p.m.

The course covers the concepts of investing, including terminology, savings bond, mutual funds and stocks.

For details and to sign up call 747-6435.

**SPONSORSHIP TRAINING:** The family support center offers sponsorship training May 3 and 17 from 9:30 to 11:30 a.m. Training includes a one-hour overview of the newest resources followed by a facility tour.

Sponsorship training is mandatory for all sponsors.

For details and to sign up call 747-6435.

**MOTHERS DAY BRUNCH:** The Northern Lights Club offers a special brunch for Mother's Day, May 9, from 10 a.m. to 2 p.m.

Cost for non-members is \$14.75 for adults, \$9.75 for youth ages 5 to 12 and 4 and younger eat free.

Club members receive a \$3 discount off of those prices.

**BASE-WIDE GARAGE SALE:** The next base-wide garage sale is from 8 a.m. to 1 p.m. May 8 at the community center.

There is a \$10 table fee for all whom would like to sell their items.

No state regulated items are allowed to be sold, such as; guns, alcohol, or in-home business products.

For details call the community center at 747-6104.

For details call Tracy Carter after 6 p.m. at 594-6683.

## Spouse club news

### Enlisted Spouses Club

**ESC INDUCTION CEREMONY, DINNER AND MYSTERY:** The Enlisted Spouses Club 2004-2005 Board Induction Ceremony will be May 15 at 4 p.m. at the Northern Lights Club. There will be a dinner and mystery to follow. The ESC presents 'Til Death Do Us Part, A Murder-Mystery Event starting at 5 p.m.

Cost is \$12.18 for members and \$15.18 for non-members. The cost is for the main meal, there is no additional charge.

The murder is set at a wedding reception in the Grand Cayman Islands, Please come dressed for a good time. Prizes will be given.

### Officers' Spouses Club

**OSC SCHOLARSHIP BANQUET:** The Officers' Spouses Club invites all to the annual Scholarship and Angel Awards Banquet Sunday in the Northern Lights Club. Social hour begins at 6 and dinner starts at 6:45 p.m. The dress is business attire.

Scholarships from the OSC, African-American Cultural Association, Fisher House, and the Defense Commissary Agency will be given away.

Reservations are needed to attend. Meal charges will apply unless reservations are cancelled by 8 a.m. Monday to Cappy Younker. For details call Kathi Hunnewell or Cappy Younker at 594-3429, or 594-9448 respectively .

It Could be Worse...



Is that a 'weather advisory, warning, watch, outlook or statement' he's shoveling?

© Steve Edwards Gillingham



"Remember our fallen on  
Memorial Day"

PULL OUT SECTION

# 319th services

# spotlight

VOLUME 3 ISSUE 5 - MAY 2004

## May Madness!

Check-out all the great events and activities going on throughout May! Get out and enjoy the weather after a long winter. The Sports and Fitness Center has three run/walks to tie in with National Fitness Month. Listed below are the details of these events. Also, don't forget Mother's Day is May 9, we have a few activities to offer, such as brunch, golfing and bowling. School will be out and the Youth Programs will have their annual summer blast! Details for this May's events and activities are in this issue, take a moment to have look.



### "Spring Into Fitness"

#### 5K Fun Run/Walk

May 5 from 11 am to 1 pm.

Begins at Sports and Fitness Center

Each participant receives a

Warrior Scramble Coin.

Open to all ages and ranks!

*Squadrons Competition* – put together a five-member team, best cumulative time wins a trophy.



### 3rd Annual Turtle River State Park

#### 5K Fun Run/Walk

May 15 beginning at 10 am. Each Participant receives a t-shirt



### 3rd Annual Flight Line Warrior Scramble

May 22 - please call for start time.

Male/Female and age categories.

Register for any/all of the above events at the Sports and Fitness Center, 747-3384. All events are "weather permitting".

June 1 kicks off another year of . . .

**ATWIND!**

AROUND THE WORLD



IN NINETY DAYS

**Look for  
details!**

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**Marketing Director/Commercial  
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The 'services spotlight' is a monthly supplement to the Leader of Grand Forks Air Force Base, United States Air Force. The contents of the 'services spotlight' do not constitute endorsement by DOD, the Department of the Air Force or the Grand Forks Herald. Everything advertised is available without regard to race, color, religion, sex or other non-merit factors of the purchaser, user or patron.

The 'services spotlight' is produced by the Marketing/Publicity Office, 319 SVS/SVK, 784 Eielson Street, Grand Forks AFB, North Dakota, 58205-6631.



## Skills Development Center

**Classes - Patriotic Star Quilt**, May 12 and 19 from 10 a.m. to 1 p.m., cost is \$11 plus supplies. **Framing**, May 15 from 10 a.m. to 5 p.m., cost is \$20 plus supplies. Pre-registration is required for both classes.

## It's Heartworm Season Again

**Heartworm Facts** - Adult heartworms live in the right side of the heart and are 6 - 14 inches long. There may be several hundred present in the dog. Heartworms impair blood circulation, resulting in damage to the heart, lungs, liver and kidneys. Serious damage may occur, even before outward clinical signs are detected by the owner. *Advance signs* are difficulty breathing, coughing, tiring easily, listlessness, loss of weight and possible fainting.

Heartworms are found throughout the United States and are spread by mosquitoes. It only takes one bite to infect your pet. It takes about 3 to 6 months for adult heartworms to develop. Heartworms can develop in all breeds of dogs, as well as cats. Heartworm can be detected by a blood test and can be successfully treated when detected early.

## Prevention

- 🐾 We strongly recommend a once a month heartworm preventative, which also aids in the prevention of other internal parasites.
- 🐾 In North Dakota there is a definitive mosquito season - we recommend that heartworm treatment be used all year long, because mosquitoes can survive the winter inside your home, but you can do seasonal treatment.
- 🐾 If you travel with your pet to a warmer climate, then you should NOT take your animal off prevention in the winter season.
- 🐾 Testing for heartworm should be done if your animal goes more than thirty days between dosages of prevention.
- 🐾 Testing for heartworms should be done annually if you treat only during the spring or summer.
- 🐾 If treated all year long, testing should be done every other year to insure that the prevention is indeed "preventing" the disease.

Please call for more information pertaining to any of these topics, to make an appointment, or for any questions - Veterinary Treatment Facility: 747-3375

## A NIGHT AT THE LIBRARY

**Presents - Mrs. Merle Freije, English and Art teacher at Lake Region State College GFAFB Campus, will present a lecture/discussion on author Dan Brown's "The Da Vinci Code"**  
**MAY 10 at 7 pm at the Library**

**Interested? Come to the Library prior to May 10 and enter the drawing to be held the night of the event!**

*This event is for anyone who has previously read the book*

Grand Forks Air Force Base Library, 747-3046

## Youth Programs offering activities for all

**For a complete listing of all youth programs and activities, come by the Youth Center and pick up the monthly Youth Program Newsletter or call 747-3150.**

**Get those gloves on and brooms out!**

Help support the Youth Program in their Annual Clean-Up Day May 8 from 9 a.m. to noon. There will be a free lunch at 1 p.m. for those that volunteered. The areas to be cleaned are the Youth Center and playgrounds, ball and soccer fields, Liberty Square, Child Development Center, and Kiddie Campus and playgrounds. There will be childcare provided for School Age Children of those that volunteers. Sign up at the Youth Center.

## Kids, Get fit!

Youth ages 5-13 participate in this year's *America's Kids Run Event* May 15 at Turtle River State Park. Times to be announced. Age Group runs are 5 - 6, 1/2-mile; 7 - 8, 1-mile and 9 - 13, 2-miles. T-Shirts will be given out for the first 75 to finish their race! Parents can register their youth at [www.americaskidsrun.org](http://www.americaskidsrun.org) or contact the Youth Center for sign-ups.

## Party time!

The Educational Program Time sessions will be



ending May 6, 17, 18 and 19. There will be an "End of the Year" party held May 20 at Liberty Square from 4 to 5:30 p.m. for all that were registered in EPT. This is also in conjunction with the "Read by Mail" program. This is a FREE party. A parent permission slip is required. Skating and pizza for all!

## Lock-in!

Kids, ready for hours of fun? There will be a preteen mini lock-in May 22 for ages 6 - 12 from 6 pm to midnight. Cost is \$10 and includes dinner and snack. There will be games, arts & craft projects, videos, movies, tournaments and more! Sign up at the Youth Center by May 17. We must have 15 signed up to hold lock-in. A parent permission slip is required.

## Weekly activities for your youth

**May 1** - Youth Program's Annual Dance Recital at the Community Center at 2 p.m.

**May 8** - Preteen Video Night for ages 6 - 12 at the Youth Center from 7 to 9 p.m. Cost is \$1; includes popcorn.

**May 24** - The Youth Program's Annual Piano Recital at Liberty Square at 5 p.m.

**May 27** - Youth Center Baseball/Softball games begin.

**May 30** - Central High Schools Graduation at the Alerus Center at 1 p.m.

**May 31** - Memorial Day, Youth Center/SAP/Liberty Square are CLOSED.

# Schools out for summer!

## Get ready for the Youth Program's annual "2004 END OF SCHOOL YEAR PICNIC AND CARNIVAL"

**Friday, May 28**  
**at Liberty Square from 11 am to 4 pm**



Open to all!

Free!



## Schedule of Events

- 11 am to 1 pm - Free Lunch with hamburgers, hotdogs, chips, potato salad, watermelon, and juice
- 1 to 4 pm - roller skating, jump house and putt-putt golf
- 3:45 to 4 pm - Staff "Pie in the Face" Event

Questions contact Youth Programs, 747-3150





# Outdoor Recreation offers chances to get out

## Overnight Wine Festival Trip

Would you like to learn what makes you enjoy a glass of wine? Outdoor

Recreation invites you to the Third Annual Winnipeg Wine Festival May 8. This event features more than 100 wineries and over 400 wines from all over the world. Find out why we enjoy one wine from another. Learn how to understand and recognize the differences in wines. Departure is at 10 a.m. from Outdoor Recreation and will be returning the next day. Cost is \$65 per person double occupancy, \$50 per person triple or \$45 per person quad; includes transportation and hotel accommodations at Canad Inns. Festival ticket price is \$34.95 CAD per person. Sign up by May 5.



## Winnipeg Zoo

Summer is on the horizon and there is nothing like starting the summer off right than with a family trip to Winnipeg's Assiniboine Park Zoo May 22. Departure is at 8 a.m. from Outdoor Recreation and you will be returning that evening. Cost is \$20 per person for transportation. Zoo entrance fee is \$13.50 CAD for families (includes two adults). Sign up by May 20.



## Mall of America Shopping Trip

Ready, set, shop! We're going to the Mall of America May 22. Departure will be at 5 a.m. from Outdoor Recreation and you will be returning late that evening. Cost is \$25 per person; includes transportation only. The Mall is one of North America's largest and most popular indoor malls. If time



permits, we will stop at the Outlet Mall in Albertville. Let us drive while you relax and enjoy central Minnesota's beautiful countryside. Please sign-up by May 19.

## Need a service? Here are just some of the services we offer:

Boxes for sale, 2004-2005 ND Hunting and Fishing Licenses, River and Hiking Maps, Chain Saws for Rent, Auto Car Carrier and Tow Dolly, Bird-watching, Small Engine Repairs, Covered Trailers and so much more. Stop by or pick up a rental brochure at a Services facility. For any Outdoor Recreation questions, come by or call 747-3688.

## Famcamp is open!

*FamCamp will be opening tomorrow, May 1 weather permitting!*

Services include mini laundromat, showers, handicap accessible restrooms and cable for the low price of \$12 per night. For the frequent camper, we offer special packages, call or stop by for details. These are a great gift for the retired military family on the go to different bases across the United States. For additional information, contact Outdoor Recreation, 747-3688.

## Aquatics Center

### Camper and Boat Reservations

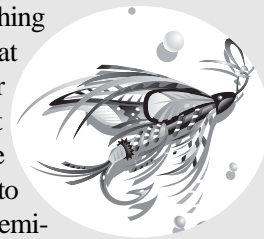
You may reserve a boat or camper the first day of the month prior to the month you need the equipment. Boat and camper reservation deposit fees are \$20 for the weekend and \$40 for a week or longer. Deposits are nonrefundable.

### Boater Safety Class

Want to rent a boat? Outdoor Recreation requires this class before renting motorized watercrafts. In addition, North Dakota law requires ages 12 - 15 to pass an approved boating course, when operating personal watercraft. Additionally, many insurance companies offer a premium discount to adults who complete this course. The course is free! Sign up at Outdoor Recreation. Classes will be held at Outdoor Recreation May 5 and 19 from 5:30 to 9 p.m.

### Fly Fishing Seminar

Want to learn to "fly fish?" Turtle River State Park will be offering a seminar on fly-fishing May 22. Meet at Outdoor Recreation at 8:30 a.m., we will drive you to this two-hour seminar. Cost is \$10 per person. Ladies this is a great opportunity to learn why this is such a popular past time. You will learn about equipment and how to use it, and then you will have the chance to tie your own fly patterns. We will treat you to a picnic lunch and then you will spend the rest of your time on the river applying what you have learned. This seminar is limited to 12 participants. So, come by Outdoor Recreation to sign up.



# Kid's Annual Fishing Derby

**Saturday, June 5, from 10 am to 2 pm at Larimore Dam**

**Registration at 9 am Awards at 2:15 pm**  
**Cost \$1 military or \$2 non-military**

## Age groups

**3-5 (10 am to noon); 6-8; 9-13 & 14-15**



**OPEN TO THE PUBLIC!**

**Participate in this event and you will earn yourself an ATWIND game piece!**



**For additional information contact Outdoor Recreation, 747-3688**

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No Federal endorsement of sponsors intended.



**Dakota Lanes**  
 Get ready for a great summer program! Bowl often for a chance to win prizes and cash!

June 1 through Aug. 31



Simple - come bowl a game or purchase a large Coca-Cola, you will receive a punch card/entry form. After 15 punches, you will be eligible for the Grand and second prize drawings. Throughout the summer, random monthly drawings will take place from all completed punch cards. Prizes include the following: 1) Vulcan "Stars & Stripes" bowling pin, 2) Ebonite "Yankee

Doodle" bowling ball and 3) bowling bag and Magnum red/blue sparkle bowling ball. Grand prize is \$500 cash and second prize is a "Pride of Our Nation" Viz-A-Ball. Punches are given for every paid game bowled or large\* Coca-Cola fountain beverage purchased. Participants in Bowl for the Stars & Strikes will also receive a coupon good for a free medium Coca-Cola beverage and two free games of bowling, for every card completed. No purchase is necessary to enter to win monthly and grand prizes. For complete rules and entry information, visit Dakota Lanes, 747-3050.

**May Pro Shop** - 10% off any balls, shoes or bags in stock.

**Plainsview Golf Course**  
**Come on out, we're open!**

There are several outstanding programs going on at the Plainsview Golf Course.

Check out the "Swing of Things" program going on until the end of May. For every 18-holes you play, receive an entry form for a chance to win great prizes. For more information about this program come by and ask us.

**Golf 4 Kids** will be a new summer program! It will provide a friendly, patient and fun atmosphere for young people to develop an interest in golf. Youngsters ages

8 - 13 will receive quality instruction in the sport and develop life-enhancing values such as honesty, integrity and sportsmanship. The registration fee is \$49 and includes eight-hours of instruction and three on-course experiences, supervised by the teaching professional or golf course manager. Golf clubs will be provided for the class and students will receive *fun promotional items and prizes* upon graduation.



Also, get your season pass or 10-round punch card! Fees are based on rank.

For questions about the golf course or golfing come by or call us, 747-4279.



**Lunch \$2 off**  
**Dinner \$3 off**  
**Sunday Brunch \$3 off**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PASTA BAR</b> everyday for lunch!		<b>EVERY Wednesday Night</b> "All-You-Can-Eat" Taco Bar! \$6.00 5:30 to 8 pm	<b>EVERY Thursday Night</b> Spouses of the DEPLOYED may take 20% OFF their dinner!	<b>TGIF</b> Every Friday 5 pm	<b>1 SATURDAY NIGHTS!</b> Open to all Ranks!
<b>2 SUPER SUNDAY BRUNCH</b> 10:30 am to 1:30 pm	<b>3 NEW MAY LUNCH!</b> Major Mongolian Mondays plus Chef's Choice	<b>4 NEW MAY LUNCH!</b> Super Tater Tuesday	<b>5 LUNCH*</b> 5- Mexican Buffet 12- Southern Buffet 19- German Buffet	<b>6 LUNCH*</b> 6- Country Ham 13- Sliced Roast Beef 20-\$1 Day	<b>7 FRIDAY LUNCH*</b> Seafood Buffet	<b>8 The Sports Bar</b> 5 pm to 3 am
<b>9 MOTHER'S DAY BRUNCH</b> 10 am to 2 pm Adult - \$14.75 12 & under - \$9.75 Reservations Required! \$3 Members First discount!	<b>10 LUNCH Served Monday through Friday</b> 11 am to 1 pm All lunches and dinners can be made for CARRY-OUT orders	<b>11</b>	<b>12 26- Native American Buffet</b>	<b>13 Thanksgiving in May</b> 27- Baked Chicken	<b>14 TONIGHT! members mayhem</b> All ranks super social hour with carved baron of beef & many other delicacies	<b>15 Karaoke!</b> 10 pm to 3 am
<b>16 SUPER SUNDAY BRUNCH</b> 10:30 am to 1:30 pm	<b>17</b>	<b>18 FREE Pool Tuesdays!</b>	<b>19</b>	<b>20 MEMBERS SPECIAL! \$1 Lunch Day</b>	<b>21 Steak Night PLUS "Land &amp; Sea" Special Tonight</b>	<b>22 Late Night Club Mix</b> 10 pm to 3 am
<b>23 SUPER SUNDAY BRUNCH</b> 10:30 am to 1:30 pm	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>		<b>Thur &amp; Fri Steak &amp; Salmon Dining from 5:30 to 8 pm</b> 12 oz. Ribeye \$12.75; 8 oz. Sirloin \$10.50; 20 oz. Sirloin \$13.75; Salmon Fillet \$9.75; 8 oz. Charbroiled Chicken \$9.50 Children's Menu available!			